

Equipping for Life: Overcoming some of life's challenges

Workshop Descriptions and Presenter Bio's

Workshop: Accepting Myself as God Designed Me

Presenter: Juanita Reyes

Workshop Description: GOD IMAGINED YOU: You are God's work of art. Before God created you, He shaped you for a unique purpose. Come learn more about God's special design for each of us.

Bio: Juanita was introduced to Christ at Inner City Impact through a backyard Bible Club. She later became a Christian and attended Armitage Baptist Church where she served as youth leader. She married her college sweetheart, Eric, and they are now serving the Lord at New Life Community Church in Chicago. Juanita and Eric have 3 rambunctious boys and a baby girl on the way. She has a degree in Communications from Moody Bible Institute and a Master's degree in Journalism from Columbia College in Chicago. Juanita is currently a stay-at-home mom and speaks contractually at schools, churches and various organizations.

Workshop: Pursuing a Disciplined Life

Presenter: Janice Fuqua

Workshop Description: Let's talk about Self-control, the fruit of the Holy Spirit. It could help you reach your full potential in Christ.

Bio: Janice came to faith in Christ as a young adult on board an airplane to Hawaii. God relocated her to Chicago to get a BA in Bible & Theology from Moody Bible Institute. At 40 she ran her first marathon. She & husband Kurt have 3 grown sons & 3 grandchildren.

Workshop: You Too Can Achieve Financial Freedom

Presenter: Annette Gonzalez

Workshop Description: What does the Bible have to say about money? How is my spiritual life connected to how I manage my finances? Join us as we explore this topic and learn various techniques in budgeting.

BIO: Annette is a retired counselor and teacher for Chicago Public Schools. She has a BA in Bible & Theology from the Moody Bible Institute, a BA in Education, and a Master of Arts in Counseling from Northeastern Illinois University. She and her husband Joe have been members at Armitage Baptist Church for 25 years and are blessed to live 100% debt free in Chicago. Together, they have 2 adult children and 8 grandchildren.



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Workshop: Improving Health from the Inside Out

Presenter: Julie Lang

Workshop Description: Sick of dieting? Tired of the rollercoaster of indulging and depriving yourself of your favorite snacks? Time to look a little deeper.....how we care for ourselves is directly related to our spiritual and emotional journey. Time to "reset" those old patterns and look to our Heavenly Father for His words on self-care.

BIO: Julie Lang is a former ABC member who continues to live in the community. She has a B.A. in Human Services and a Master's Degree in Social Work. She and her husband Jim have been married for 33 years; they have five children and one grandchild. She is a full-time homemaker and caregiver.

Workshop: Surviving Sexual Abuse

Presenter: Julie Parache

Workshop Description: What is child sexual abuse? How do I survive the aftermath of sexual abuse as a Christian? We will discuss the answer to these questions and more. Come join us for a candid discussion on this difficult topic.

BIO: Julie is a self-employed Insurance Agent and a professional Childbirth Educator and Doula. She received a B.A. in Communications with a minor in Psychology from Trinity International University. Julie lives in Chicago with her two sons whom she homeschools. She has been a member of Armitage Baptist Church for over 20 years.

Saturday, October 13, 8:30 - 12pm, \$5 per person

Armitage Baptist Church

2451 N. Kedzie Blvd., Chicago, IL 60647

**For more information email info@armitagechurch.org or
check out our event page on Facebook**